

# Applying for a job in the **UK ADULT CARE** sector?

## Know before you go:

### Do you have a certificate of sponsorship (CoS)?

Your sponsor or employer will need a CoS which states the job you will be doing.

### Do you have a UK Health and Care worker visa?

Find all the information you need at [www.gov.uk/health-care-worker-visa](http://www.gov.uk/health-care-worker-visa) including how to apply and the cost.

### Does the job exist?

Check before you travel. Contact the company by phone or online.



## Contact us for advice, assistance or to report an issue

- 📞 Call the GLAA contact centre: **0800 432 0804**
- 📞 Call the modern slavery & exploitation helpline: 0800 012 1700
- 📞 Call Crimestoppers: 0800 555 111

